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**FOOD
VALUES**

by
Dr. Albert Philip Sy

read by Tricia G.

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Dr. Albert Philip Sy

A short pamphlet from WWI, a sequel of sorts to "Food Preparedness". It first describes basic nutrition and things to consider when choosing what foods to eat, then lists various foods and their amount of calories, carbohydrates, fats, proteins, water, and "ash". This was written before much was known about fat soluble vitamins or saturated vs. unsaturated fats. (Summary by TriciaG)

Read by TriciaG.. Total running time: 1:10:14

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